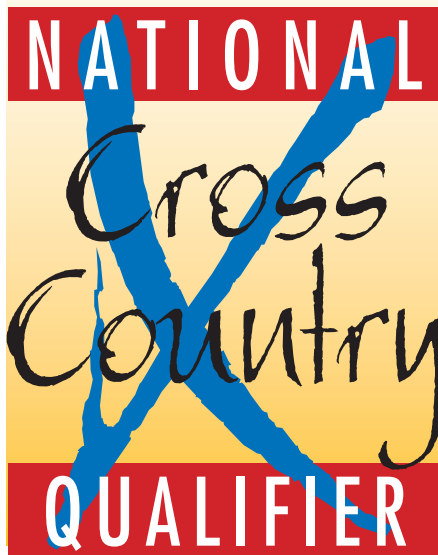




PRESENT THE

2011 FLORIDA DISTRICT



OCTOBER 22, 2011

PRE-REGISTRATION IS RECOMMENDED.

Seminole County Softball Complex / Sanlando Park  
264 W. North Street / 401 Highland Street  
Altamonte Springs, Florida 32714

This event is the qualifier for the AAU Youth  
Cross Country National Championships to be  
held at the Disney Sports Complex  
in Orlando, FL on December 3, 2011.



www.cfgliders.com

Central Florida Gliders  
P.O. Box 161965  
Altamonte Springs, FL 32716-1965



**SAME-DAY ENTRY FORM**

Please register online at [CFGliders.com](http://CFGliders.com) by October 21, 2011

Name of Athlete: \_\_\_\_\_  Male  Female Email Address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Telephone: (\_\_\_\_) \_\_\_\_\_

AAU Membership #: \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age Division: \_\_\_\_\_

UNATTACHED or  CLUB MEMBER CLUB NAME \_\_\_\_\_ TEAM ENTRY? Y /N

WAWER: In consideration of my entry into the Florida AAU Cross Country Meet Qualifier, I intend to be legally bound, do hereby for myself, executors, waive, release and forever discharge any and all legal rights and claims of damages, person or property arising out of my participation, from the AAU, Seminole County, Seminole County Parks and Recreation, Sanlando Park, Seminole Softball Complex, City of Altamonte Springs, Altamonte Sports, the Central Florida Gliders Track Club, their agents, coaches, representatives, successors and assigns. I further testify that I have practiced and I am physically fit and in condition to compete in this event.

Signature of Entrant

Date

Signature of Parent or Guardian if Entrant is under 18 years of age

Date

## SANCTION:

FLORIDA DISTRICT AMATEUR ATHLETIC UNION

## HOST:

Central Florida Gliders Track Club

## DATE:

Saturday, October 22, 2011

## LOCATION:

The race start and check-in is located at the Seminole Softball Complex on North Street. The courses will run throughout Sanlando Park located on Highland Street, Altamonte Springs, Florida (Please see map to right)

## TIME:

REGISTRATION.....	7:15 - 8:15 a.m.
2K RACE (1.2 miles) - Primary Age Group.....	8:15 a.m.
3K RACE (1.8 miles) - Bantam-Sub Bantam.....	8:30 a.m.
3K RACE (1.8 miles) - Midget-Sub Midget.....	9:00 a.m.
4K RACE (2.4 miles) - Youth-Sub Youth.....	9:30 a.m.
5K RACE (3.1 miles) - Intermediate & Young.....	10:00 a.m.

Awards to follow each race

## COST & REGISTRATION:

**Pre-Registration** Now thru 10/19/11 - **\$12**

**Late-Registration** 10/20/11 thru 10/21/11 - **\$15**

**Same-Day Registration** 10/22/11; 7:15am-8:15am onsite - **\$20**

All entries except same day registrations must be submitted online at [www.cfgliders.com](http://www.cfgliders.com). Pre-registration payments must be received by October 19, 2011 via credit card online (\$13 includes a \$1 convenience fee) or by check in the mail (\$12 made payable to CF Gliders, P.O. Box 161965 Altamonte Springs, FL 32716-1965).

## MEET DIRECTORS:

Susan Boucher - (407) 399-9305 • [sboucher@cfgliders.com](mailto:sboucher@cfgliders.com)

Asst.: Craig Wise - (407) 682-1368 • [coachwise@hotmail.com](mailto:coachwise@hotmail.com)

## XC AGE DIVISIONS FOR TEAMS:

PRIMARY (8 & UNDER).....	born 2003 & after
BANTAM (9 & 10).....	born 2002 & 2001
MIDGET (11 & 12).....	born 2000 & 1999
YOUTH (13 & 14).....	born 1998 & 1997
INTERMEDIATE (15 & 16).....	born 1996 & 1995
YOUNG (17 & 18).....	born 1994 & 1993

## AAU NATIONAL CROSS COUNTRY CHAMPIONSHIP:

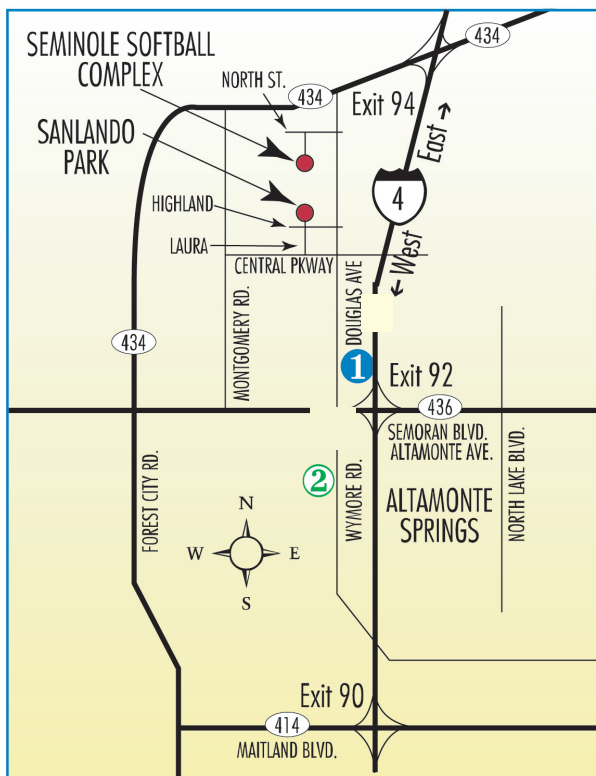
December 3, 2011 in Orlando, FL

## DIRECTIONS:

The races will start at the Seminole Softball Complex with the courses running throughout the trails in Sanlando Park. Parking is available at both locations, the park and the softball complex.

SEMINOLE SOFTBALL COMPLEX: Located at 264 W. North Street, just off of Douglas Ave., north of SR 436, south of SR 434.

SANLANDO PARK: Located at 401 Highland Street. Just off of Douglas Ave. and Central Parkway, at the end of Laura Ave., on Highland Street.



- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the event entry fee
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site [www.aasports.org](http://www.aasports.org) to obtain their membership.

## QUALIFYING FOR NATIONAL CHAMPIONSHIPS:

All participants automatically qualify for the Nationals in Orlando at the Disney Sports Complex. All participants must be AAU members, and all teams must be AAU registered. The AAU membership card is \$12.00 and must be purchased before the meet. To purchase an AAU card or register a Club, visit [www.aathletics.org](http://www.aathletics.org).



## ABOUT THE AAU:

The Amateur Athletic Union (AAU) Youth Sports Program is one of the largest multi-sports programs for youth in the United States. Since its inception in 1949, the AAU Youth Sports Program has provided an opportunity for millions of youth age 8 to 18 to participate in various sports at the local, regional, and national levels. The AAU's philosophy of "sports for sports' sake" is shared by thousands of registered clubs and a vast number of volunteers at the grassroots level.

The AAU Junior Olympic Games is the largest national multi-sport event conducted annually for youth in the United States and the showcase event of AAU Youth Sports.



## ABOUT THE CENTRAL FLORIDA GLIDERS

The Central Florida Gliders is non-profit 501 (c)(3) charitable organization serving Central Florida since 1989. The club's stated purpose is to motivate each athlete to aspire to achieve leadership, discipline and integrity through the sport of track and field and cross country running. Additionally the organization stresses to its members the importance of academic achievement, community service and good sportsmanship.

If you, your business or someone you know is interested in sponsoring the Club, tax deductible donations can be made to assist athletes travelling to national and international competitions. Please visit [www.cfgliders.com](http://www.cfgliders.com) for more information. Your support of youth running in Central Florida is greatly appreciated.

## ABOUT ALTAMONTE SPRINGS RECREATION:

Altamonte Springs Recreation is continually striving to provide the maximum in sports opportunities for the youth of Altamonte Springs. Our foundation was built upon various youth camps, leagues, clinics, and events. The standard for youth sports is constantly changing, and Altamonte Springs Recreation is the standard for others to measure up against. Visit our website at [www.altamontesports.org](http://www.altamontesports.org) to see if we meet your expectations.